

# Aston Lucas Gourmet

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# ***WHO ARE WE?***

Our products highlight the best of Victorian and Australian grown produce, supporting local farmers while staying true to traditional Italian family recipes.

Free from preservatives, our unique range includes heat-and-serve, ready-made meals in oven-proof, 100% recycled packaging.

We take pride in our eco-friendly approach, using post-consumer materials for all our packaging, and offering value-added portion sizes to meet both retail and foodservice needs.





# ARTISAN PASTA



## **SPINACH & RICOTTA CANNELLONI**

*Fresh pasta sheets filled with creamy ricotta cheese & fresh spinach, topped with our secret family Napoli sauce made from Victorian Roma tomatoes, olive oil blend, market fresh herbs, garlic, onion & Australian parmesan*

**Sizes: 500gms, 1.2kg & 2.8kg**



## **GNOCCHI BASIL PESTO** *PLANT BASED*

*Soft pillows of handmade Desiree potato gnocchi and wheat flour, velvety fresh basil and almond pesto, flat leaf parsley, olive oil and fresh lemon.*

**Sizes: 400gm, 1.2kg & 2.8kg**



## **EGGPLANT PARMIGIANA**

*A delicious vegetarian eggplant parmigiana, crumbed and shallow fried, layered with our family secret recipe Napoli sauce made from Victorian Roma tomatoes, market fresh vegetables, herbs, Australian Mozzarella and parmesan cheese*

**Sizes: 500gms, 1.2kg & 2.8kg**



## **BEEF LASAGNE**

*Fresh Lasagne Sheets Layered With Our Secret Family Bolognese Sauce Made From Victorian Roma Tomatoes, Prime Gippsland Grass Fed Beef, Market Fresh Vegetables, Herbs, Australian Mozzarella & Parmesan Cheese.*

**Sizes: 500gms, 1.2kg & 2.8kg**



## **GNOCCHI BOLOGNESE**

*Soft pillows of handmade Desiree potato gnocchi & wheat flour with our family secret bolognese sauce made from Victorian Roma tomatoes, prime Gippsland grass fed beef, market fresh vegetables & herbs.*

**Sizes: 400gms, 1.2kg & 2.8kg**

ALL PRODUCTS VARY FROM 13 – 18 DAYS USE BY.  
PLEASE CONTACT THE OFFICE OR SALES REP FOR MORE INFORMATION

# ARTISAN PASTA



## **GNOCCHI PRIMAVERA**

PLANT BASED

*Soft pillows of desiree potato gnocchi with our Positano inspired recipe of capsicum, mushroom, red onion, garlic, tomato passata, Kalamata olives and pinot grigio*

**Sizes: 400 gms**



## **GNOCCHI NAPOLI**

PLANT BASED

*Soft pillows of desiree potato gnocchi with our family secret Napoli sauce made from Victorian Roma tomatoes, market fresh vegetables & herbs.*

**Sizes: 400 gms**

## **NEW PRODUCT!**



## **GNOCCHI NUDE**

PLANT BASED

*Soft pillows of desiree potato gnocchi. Just add your favourite sauce.*

**Sizes: 450 gms & 900 gms**



## **HALAL BEEF LASAGNE**

*Fresh lasagne sheets layered with our family secret bolognese sauce made from Victorian roma tomatoes, prime Gippsland grass fed beef, market fresh vegetables, herbs, mozzarella & parmesan cheese*

**Sizes: 400gms**

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# CLASSIC PASTA



## **SPAGHETTI BOLOGNESE**

*Spaghetti Bolognese with our family secret sauce made from Victorian Roma tomatoes, prime Gippsland grass fed beef & fresh herbs.*

**Sizes: 400 gms**



## **SPAGHETTI PRIMAVERA**

*PLANT BASED*

*Our family secret tomato passata made from Victorian Roma tomatoes, capsicum, mushroom, red onion, garlic, Kalamata olives & pinot grigio.*

**Sizes: 400 gms**



## **PENNE AMATRICIANA**

*Our family secret Napoli sauce made from Victorian Roma tomatoes, bacon, garlic, onion, fresh parsley, mild hot chilli flakes & white wine.*

**Sizes: 400 gms & 1kg**



## **BEEF RAVIOLI BOLOGNESE**

*Beef filled Ravioli with our family secret sauce made from Victorian Roma tomatoes, prime Gippsland grass fed beef, and fresh herbs.*

**Sizes: 400 gms & 1 kg**



## **CHICKEN TORTELLINI WITH CREAMY BASIL PESTO**

*Chicken Tortellini with a creamy basil almond herb pesto & flat leaf parsley*

**Sizes: 350 gms**



## **CHICKEN TORTELLINI WITH CREAMY TOMATO PESTO**

*Chicken Tortellini with a creamy sundried tomato & herb pesto, & flat leaf parsley*

**Sizes: 350 gms**

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# ***GLUTEN FRIENDLY***

***PROVIDE DELICIOUS OPTIONS FOR  
GLUTEN FREE CUSTOMERS***



## ***PENNE RIGATE PRIMAVERA***

*PLANT BASED & GLUTEN FRIENDLY*

*Our Family Secret Tomato Passata  
Made From Victorian Roma Tomatoes,  
Capsicum, Mushroom, Red Onion,  
Garlic, Kalamata Olives & Pinot Grigio*

**Sizes: 400 gms**



## ***PENNE RIGATE BOLOGNESE***

*GLUTEN FRIENDLY*

*Our Family Secret Bolognese Sauce  
Made From Victorian Roma Tomatoes,  
Prime Gippsland Grass Fed Beef,  
Market Fresh Vegetables & Herbs*

**Sizes: 400 gms**

ALL PRODUCTS VARY FROM 13 – 18 DAYS USE BY.  
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# FOOD SERVICE

## ARTISAN PASTA 2.8KG SIZE



**CANNELLONI SPINACH  
& RICOTTA**



**GNOCCHI BASIL PESTO**  
PLANT BASED



**PLAIN GNOCCHI - 2.5KG**  
PLANT BASED



**BEEF LASAGNE**



**GNOCCHI BOLOGNESE**



**EGGPLANT PARMIGIANA**



## NEW PRODUCT!

### VEGETARIAN LASAGNE 2.5KG

Fresh lasagne sheets layered with crumbed eggplant, zucchini and roast pumpkin, our family secret napoli sauce made from Victorian roma tomatoes, market fresh vegetables, herbs and mozzarella cheese

ALL PRODUCTS VARY FROM 13 – 18 DAYS USE BY.  
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# GRAB & GO

## BREAKFAST & GRILLS



### CROISSANTS

- Tomato & Cheese
- Ham & Cheese



### YOGHURTS

- Passionfruit Yoghurt 250ML
- Homemade Bircher Muesli
- Mixed Berries Greek Yoghurt With Granola 250ML



### TOASTIES

- Tomato & Cheese
- Ham & Cheese
- Ham, Tomato & Cheese



### TURKISH ROLL

- Egg, Bacon & Cheese
- BLT - Bacon, Lettuce, Tomato & Mayo
- Chicken Schnitzel, Sweet Chili, Tomato, Cheese, Baby Spinach
- BBQ Chicken, Avocado Cream, Tomato, Cheese
- Eggplant Fritter, Feta, Tomato Relish, Spinach -VEG
- Chicken Mix, Spinach, Cheese & Avocado
- Fried Egg, Cheese, Aioli & Baby Spinach
- Grandmother Ham, Baby Spinach, Aioli, Semi Dried Tomato, Kalamata Olives & Mozzarella
- Grass Fed Roast Beef, Caramelised Onion, Feta, Tomato, Rocket
- Mediterranean Lamb, Cucumber, Carrot, Middle Eastern Pickles, Spinach & Tzatziki
- Pumpkin, Tomato, Baby Spinach & Eggplant- VEG

### FOCACCIAS

- Chicken Schnitzel, Sweet Chilli, Tomato, Mozzarella, Baby Spinach
- Eggplant Fritter, Basil Pesto, Tomato, Mozzarella, Rocket - VEG
- Grandmother Ham, Baby Spinach, Aioli, Semi Dried Tomato, Kalamata Olives & Mozzarella





# SANDWICHES & WRAPS



## CLASSIC SANDWICHES

ALL ON WHITE BREAD

- Tuna, Cucumber, Spinach & Mayo
- Champagne Ham, Cheese, Sweet Mustard Pickle
- Country Egg Salad & Mayo - VEG
- Ham, Cheese & Tomato
- Cheese & Salad- VEG
- Salami, Cheese, Tomato & Lettuce



## GOURMET SANDWICHES

ALL ON WHOLEMEAL BREAD

- Country Chicken Salad & Mayo
  - Grass Fed Roast Beef, Caramelised Onion, Feta, Tomato, Rocket, Cream Cheese
  - Roast Turkey, Brie, Cucumber, Spinach, Cream Cheese, Cranberry Sauce
  - Fried Egg, Cheese, Tomato, Baby Cos, Aioli - VEG
  - Champagne Ham, Carrot, Cucumber, Spinach, Cream Cheese & Grain Mustard
  - Corned Beef, Dill Pickles, Coleslaw, Cheese, Cream Cheese & Dijon Mustard
  - Lettuce, Carrot, Tomato, Cucumber, Cheese & Beetroot Relish- VEG
  - Mediterranean Lamb, Cucumber, Carrot, Cream Cheese, Middle Eastern Pickles, Iceberg & Tzatziki
  - BBQ Seasoned Chicken, Cucumber, Tomato, Carrot, Cos Lettuce, Avocado
  - Pumpkin, Tomato, Baby Spinach & Eggplant. - Plant Based
- Gluten Free - Country Chicken Salad & Mayo On Gluten Free Bread



## GOURMET WRAPS

- Chicken Schnitzel, Sweet Chili, Mayo, Cheese, Tomato, Lettuce, Cream Cheese
- Chicken Caesar, Crisp Prosciutto, Boiled Egg, Baby Cos, Caesar Dressing, Parmesan Cheese
- Champagne Ham, Tomato, Sweet Mustard Pickle, Cheese, Lettuce, Cream Cheese
- Sweet Potato Falafel, Tzatziki, Cucumber, Shredded Carrot, Lettuce, Cream Cheese- VEG
- BBQ Chicken, Capsicum, Cucumber, Baby Cos And Avocado Cream
- Roast Beef, Tomato, Provolone, Baby Spinach, Ranch Dressing & Cream Cheese
- Grilled Zucchini With Smashed Chickpea, Spinach And Hummus



## FRENCH BAGUETTES

- BBQ Seasoned Chicken, Salad, Mango Chutney
- Champagne Ham, Roast Capsicum, Bocconcini, Lettuce, Pesto
- Grilled Chicken, Crisp Prosciutto, Boiled Egg, Baby Cos, Caesar Dressing, Parmesan Cheese
- Roast Turkey, Brie, Cranberry, Cucumber, Spinach
- Roast Pumpkin, Pesto, Tomato, Provolone, Spinach On White Baguette - VEG
- Grandmother Ham, Rocket, Tomato, Brie & Tomato Relish

# SALADS

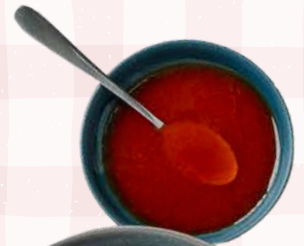
300GMS



**ROAST PUMPKIN & CHICKPEA SALAD W BABY SPINACH, PERSIAN FETTA, ROCKET, MINT, CORIANDER, PARSLEY, RED ONION, TOASTED ALMONDS, BABA GANOUSH W LEMON & MOROCCAN DRESSING GF**



**VERMICELLI CHICKEN NOODLE SALAD - BEAN SPROUTS, CUCUMBER, CARROT, PEANUTS ROASTED, CHICKEN TENDERLOIN, COS LETTUCE, GARLIC, SOY SAUCE, LIME, RED CHILI, LEMON, THYME, MINT, CORIANDER, VIETNAMESE MINT GF**



**CHARRED BROCCOLI & SOBA NOODLE SALAD - PICKLED GINGER, MUSHROOM, EDAMAME, SPRING ONION, FRIED SHALLOTS, NORI & KOREAN CHILI DRESSING VGN**



**FUSILLI PASTA WITH TOMATO PESTO DRESSING - FUSILLI PASTA, ROCKET, ROAST RED CAPSICUM, FENNEL, CRANBERRIES, CAPERS, PARSLEY & SUNDRIED TOMATO PESTO DRESSING VGN**

**ROASTED CARROT & BROWN RICE SALAD - ROCKET, ROASTED CARROT, BROWN RICE, WALNUTS, FETA, MINT & RED WINE VINAIGRETTE GF / V / FF**



**FRUIT SALAD 300GMS**



# **FOOD SERVICE**

## **BULK SALADS - 2KG**



**CHARRED BROCCOLI  
AND SOBA NOODLE  
SALAD**



**ROAST PUMPKIN AND  
CHICKPEA SALAD**



**ROAST CARROT AND  
BROWNRICE SALAD**



**FUSILLI PASTA WITH  
TOMATO PESTO DRESSING**



# LOCALLY MADE SUSTAINABLY SOURCED ALWAYS DELICIOUS



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Lucas  
Gourmet**

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